

Promoting Healthy Food at School

An Update on Department of Education Policies and Programs

- Healthy Food Certification
- School Wellness Policy Report
- Coordinated School Health
- Fresh Fruit and Vegetable Program
- Connecticut Grown for Connecticut Kids

Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services
and Adult Education



Healthy Food Certification (HFC)

- Connecticut General Statutes Section 10-215f, effective July 1, 2006
- All *public school districts participating in the National School Lunch Program* (NSLP) must indicate whether they will use the *Connecticut Nutrition Standards*, which focus on
 - Decreasing fat, sodium and added sugars
 - Increasing nutrient density, e.g., fruits, vegetables and whole grains
 - Moderating portion sizes



Healthy Food Certification (HFC)

- Connecticut Nutrition Standards apply to *all sources of food offered for sale to students at all times on school premises*
 - Cafeterias
 - Vending machines
 - School stores
 - Fundraisers
 - All other food sales to students
- HFC districts receive *10 cents per lunch* (paid, free and reduced), based on prior year's lunch counts

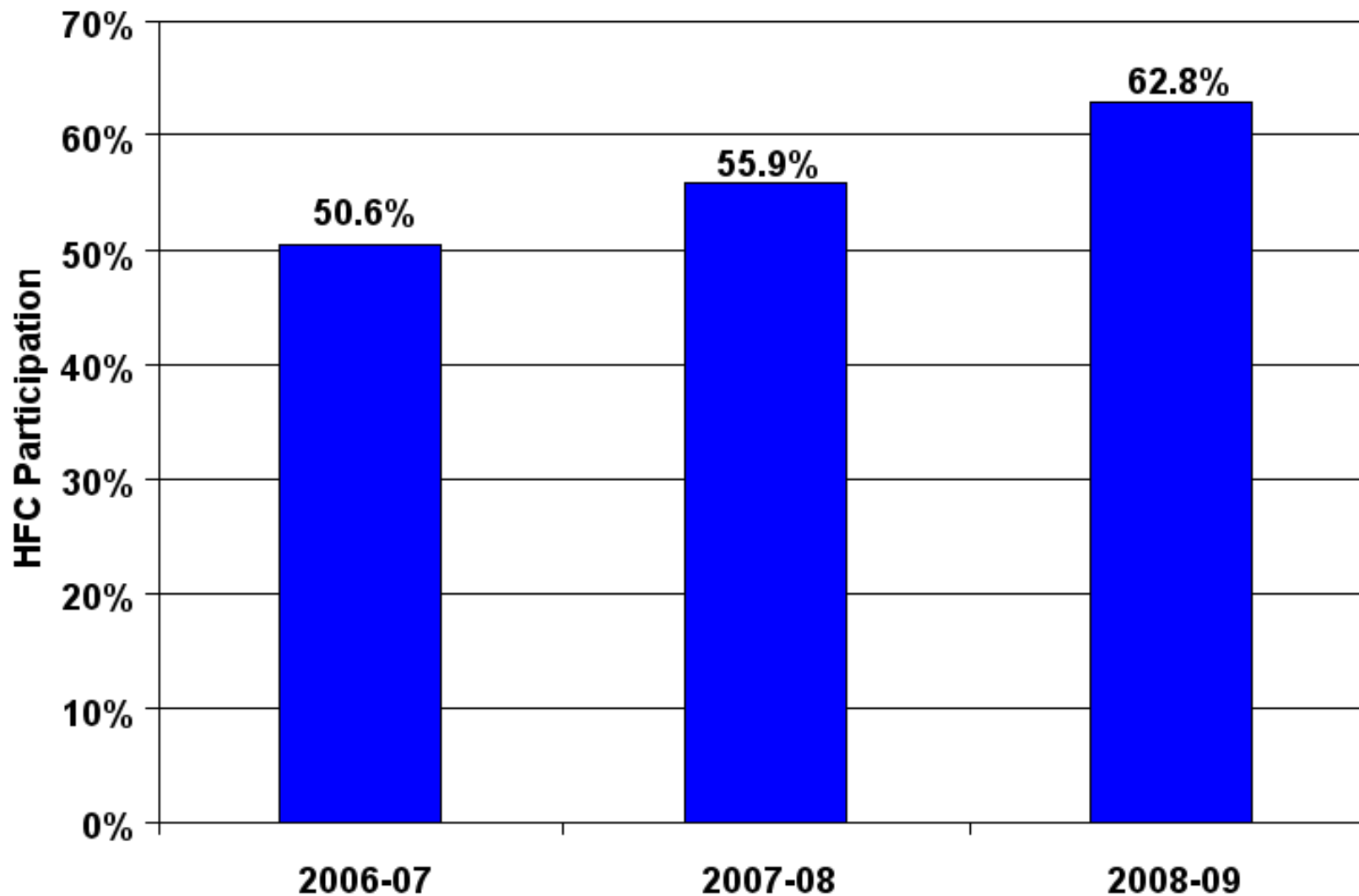


HFC Participation for 2008-09

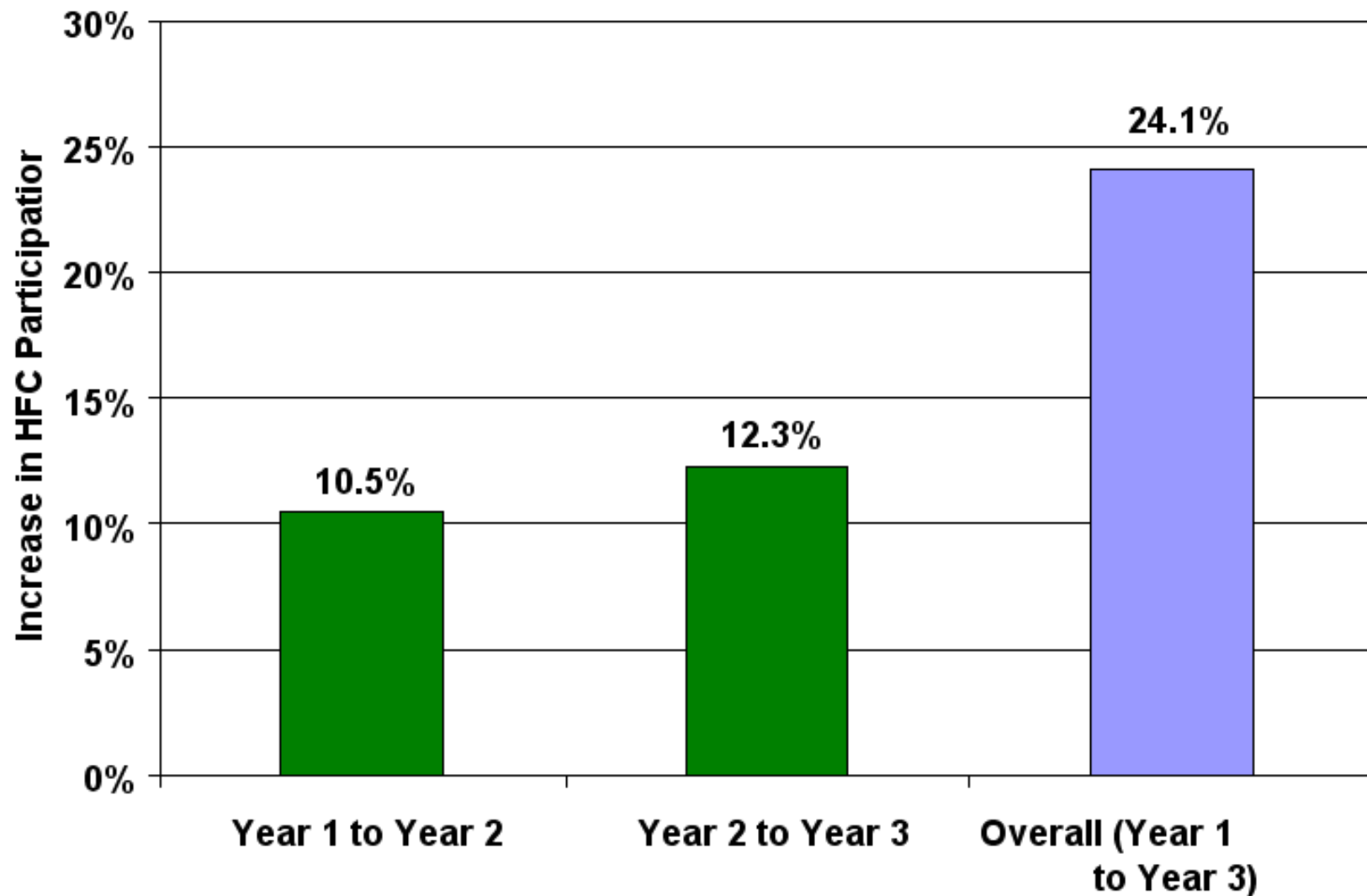
- 117 of 183 eligible districts (62.8 percent)
- 12.3 percent increase from 2007-08
- 17 new districts
- 98 percent recertification rate



HFC Participation Year-to-Date



Percentage Increase in HFC Participation Year-to-Date



HFC Resources

Connecticut Nutrition Standards

[www.sde.ct.gov/sde/cwp/view.asp?
a=2626&q=320754](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754)

- Handouts
- PowerPoint Presentations
- Sample Forms and Worksheets
- Q&A

List of Healthy Food and Beverages

[www.sde.ct.gov/sde/cwp/view.asp?a=
2626&q=320754#Healthy](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy)

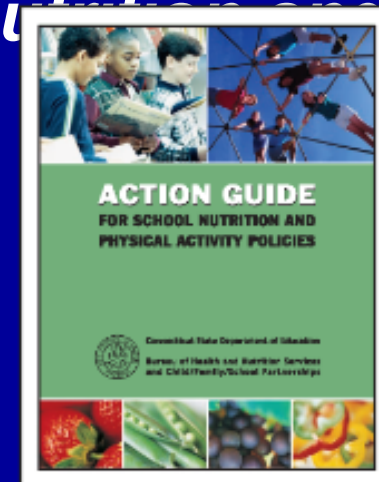
- *Brand-specific list of food products that meet the Connecticut Nutrition Standards and beverages that meet state statutory requirements*



School Wellness Policy Report

- Conducted in partnership with Rudd Center for Food Policy and Obesity, Yale University
- Based on 166 policies from districts participating in USDA Child Nutrition Programs
- Assessed both comprehensive and strength of the **content** of district wellness policies
- Based on seven policy categories identified in CSDE's *Action Guide for School Nutrition and Physical Activity Policies* (2006)*

1. Nutrition Education
2. School Meals
3. Other School Food and Beverages
4. Physical Education
5. Physical Activity



* www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Action



School Wellness Policy Report

- Includes three components

1. *School Wellness Policy Report*

Summary of district score, state average and District Reference Group (DRG) average for each policy category

2. *School Wellness Policy Rating Sheet*

Ratings for 96 policy items that determine the scores for each policy category

3. *School Wellness Policy Report*

Comments Section Review of district's policy language for consistency with federal and state requirements



School Wellness Policy Report

- Two statewide trends

1. Districts *participating in HFC* made *stronger policy statements* and *scored higher* than non-HFC districts for

- School Meals

- Other School Food and Beverages (e.g., a la carte, vending, school stores and fundraisers)

2. The state's *seven lowest socioeconomic urban districts* (made *stronger policy statements* received *higher total average scores* than all other districts

DRG I
Bridgeport
Hartford
New Britain
New Haven
New London
Waterbury
Windham



School Wellness Policy Resources www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#SW

Links to

- Data summaries of statewide results
- School wellness reports by district
- *Coding Tool for Connecticut School Wellness Policies*
- *School Wellness Policy Rating Sheet*

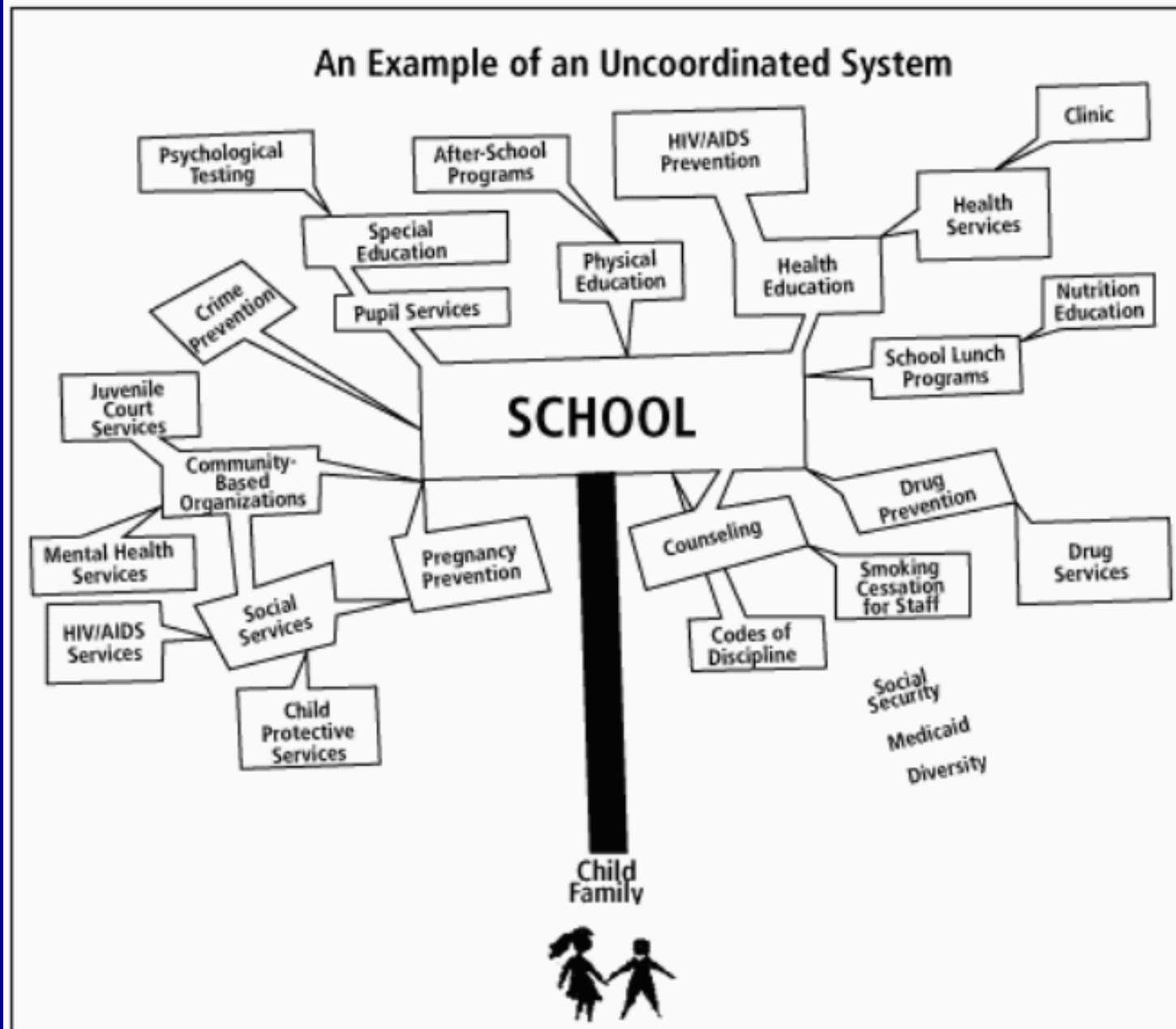


Coordinated School Health Grant

- *Five year grant (2008-2013)* to CSDE from Centers for Disease Control and Prevention
- Identifies up to *20 districts* with education and health disparities to *pilot coordinated school health implementation*, based on local district needs
- Includes an *evaluation component* to identify student-level outcomes
- Focuses on developing *CSH resources* for all Connecticut schools
- Recruitment of pilot school districts in *March 2009*



Uncoordinated School Health



EDC in partnership with APA, ASCA, NASN, NASP, and NASW

Source: CSHP At-A-Glance, Education Development Center, Inc. <http://www2.edc.org/MakingHealthAcademic/cshp.asp>



Coordinated School Health (CSH)

Eight Components



Guidelines for a Coordinated Approach to School Health

Connecticut State Department of Education, 2007



- Ensuring leadership
- Organizing school health teams
- Conducting an assessment
- Creating an action plan
- Developing a communication plan
- Policies and recommendations for each of the eight CSH components

www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Guidelines_CSH.pdf

Fresh Fruit and Vegetable Program

- Competitive annual grant through USDA*
- Provides *fresh* fruits and vegetables free of charge to *all children throughout the school day* separately from school meals
- Requires nutrition education
- 34 sites received funds for 2008-2009

* Food, Conservation and Energy Act of 2008, Public Law 110-234



Uncas School, Norwich, CT



Connecticut Grown for Connecticut Kids Week

- Established in 2006 by Section 22-38d of the Connecticut General Statutes
- Collaboration of CSDE and Department of Agriculture
- Annual week-long event each fall to promote Connecticut agriculture to children through
 - School meals
 - Classroom programs
 - Farms
 - Farmers' markets
 - Other locations in the community
- Emphasizes partnership between community and schools



CONNECTICUT AGRICULTURAL EDUCATION FOUNDATION



2008-09 School Calendar





CSDE Contact Information

Nutrition Education Coordinator

Susan Fiore (860) 807-2075 susan.fiore@ct.gov

Child Nutrition Unit Manager

Cheryl Resha (860) 807-2108 cheryl.resha@ct.gov

Coordinated School Health Staff

Donna Heins, Coordinated School Health Director (860) 807-2082 donna.heins@ct.gov

Kari Sullivan, Physical Activity, Nutrition and Tobacco (PANT) Coordinator (860) 807-2008 kari.sullivan@ct.gov

School Nutrition Programs Staff

Teri Dandeneau (860) 807-2079 teri.dandeneau@ct.gov

Bob Zwack (860) 807-2081 robert.zwack@ct.gov